

2005-2006 Winter Training Program (Novice Crew)

The Winter training program is composed of 5 phases:

- General Strength (GS)
- Maximum Strength (MS)
- Power (P)
- Strength Endurance
- Speed (S)

	Oxygen Utilization	GS	MS	P	S
General Strength	62%	24%	4%	3%	3%
Maximum Strength	57%	7%	27%	9%	2%
Power	62%	0%	16	16%	6%
Strength Endurance	70%	0%	4%	4%	22%
Speed	60%	4%	2%	2%	32%

November 2005				December 2005				January 2006			
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
5 workouts/w ● 2K Test	5	5	5	6	5	5	5	8	8	6	8
General Strength				Xmas break				Maximum Strength			

February 2006				March 2006				April 2006				
Week 13	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25
8	7	7	8	7	9	5	8	8	8	6	x	x
Power				Strength Endurance				Speed				
Boat Speed				2K Test ●				McGill-Queen' ●				